

COOKING FOR TWO



PROGRAM AID NO. 1043 • FOOD AND NUTRITION SERVICE • U.S. DEPARTMENT OF AGRICULTURE

COOKING FOR TWO

Prepared by

Nutrition and Technical Services Staff

Food and Nutrition Service

and

Consumer and Food Economics

Institute

Agricultural Research Service

U. S. Department of Agriculture

The following persons had major
responsibility for this publication:

Food and Nutrition Service

Dorothy W. Davis

Agricultural Research Service

Bernice K. McGeary

Slightly Revised

August 1974

PREFACE

This publication provides recipes, helpful hints on planning and serving meals, and information on nutrition and foods relating to the Basic Four Food Groups.

The recipes are basic and cover all types of menu items. All of the main-dish recipes include suggested menu ideas for completing the meal. Most of the recipes are for two servings and would be useful for one- and two-person households. They should be popular with all small families and especially appealing to older people participating in USDA's family feeding programs.

CONTENTS

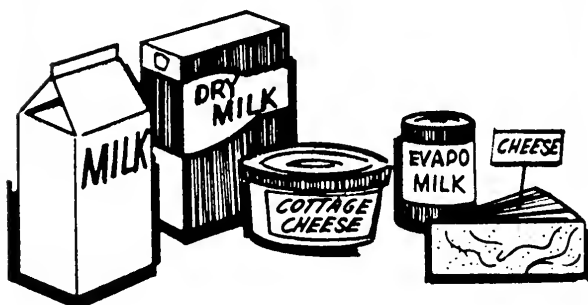
	Page
Daily food guide -----	1
Milk group -----	3
Meat group -----	4
Vegetable and fruit group -----	5
Bread and cereal group -----	6
Other foods -----	7
Planning meals -----	8
Shopping for food -----	9
Storing food -----	10
Serving meals -----	10
Measuring equivalents -----	11
Pointers for using recipes -----	12
Recipes -----	13
Recipe index -----	87

DAILY FOOD GUIDE

some choices for thrifty families

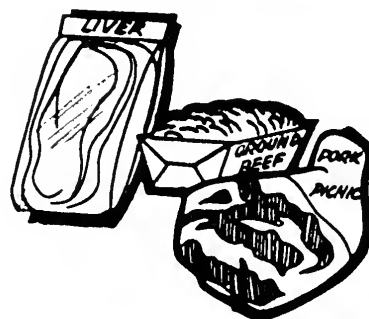
MILK GROUP

some for everyone



MEAT GROUP

2 or more servings

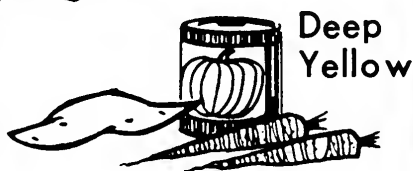


VEGETABLE - FRUIT GROUP

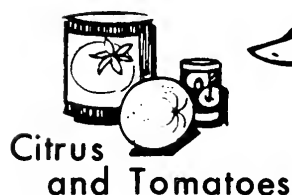
4 or more servings



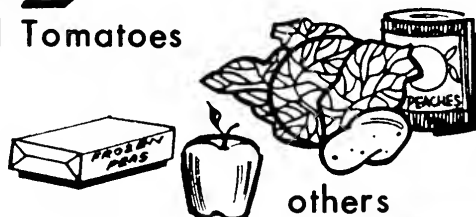
Dark Green



Deep Yellow



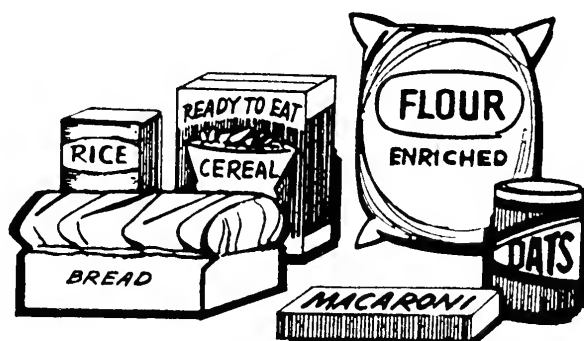
Citrus and Tomatoes



others

BREAD - CEREAL GROUP

4 or more servings



WHOLE GRAIN OR ENRICHED

everyday eat foods from each group

EAT OTHER FOODS AS NEEDED TO ROUND OUT MEALS

Follow the Food Guide Every Day

SOME
for
EVERYONE

MILK GROUP

COUNT AS A SERVING 1 CUP  OF MILK

Children under 9 —  to  Adults —  or more

Children 9-12 —  or more Pregnant Women —  or more

Teenagers —  or more Nursing Mothers —  or more

Cheese can be used for part of the MILK

2
or more
SERVINGS

MEAT GROUP

COUNT AS A SERVING 2 OR 3 OUNCES OF COOKED LEAN MEAT,
POULTRY OR FISH — SUCH AS



A HAMBURGER



OR A CHICKEN LEG



OR A FISH


ALSO- $\frac{1}{2}$ CUP  COOKED DRY BEANS OR PEAS, OR

2 TABLESPOONS  PEANUT BUTTER  OR 1 EGG 

COUNT AS $\frac{1}{2}$ SERVING OF MEAT

4
or more
SERVINGS

VEGETABLE-FRUIT GROUP

COUNT AS A SERVING $\frac{1}{2}$ CUP  (RAW OR COOKED)
OR 1 PORTION SUCH AS



OR



OR



4
or more
SERVINGS

BREAD-CEREAL GROUP (WHOLE GRAIN OR ENRICHED)
COUNT AS A SERVING

1 SLICE  OF BREAD OR 1 BISCUIT 

OR 1 OUNCE READY-TO-EAT CEREAL — 

OR $\frac{1}{2}$ CUP  TO $\frac{3}{4}$ CUP  COOKED CEREAL,
CORNMEAL, GRITS, MACARONI, RICE, OR SPAGHETTI

EAT OTHER FOODS AS NEEDED TO ROUND OUT THE MEALS

MILK GROUP

Every day everyone, even adults, should try to have two or more cups of milk. The milk may be fresh whole or skim, evaporated, or buttermilk or fluid milk made from dry milk. It may be served as a beverage or used on cereals or in preparing such foods as cream soups, custards, or milk puddings. Milk may also be eaten in the form of cheese, cottage cheese, yogurt, or ice cream.

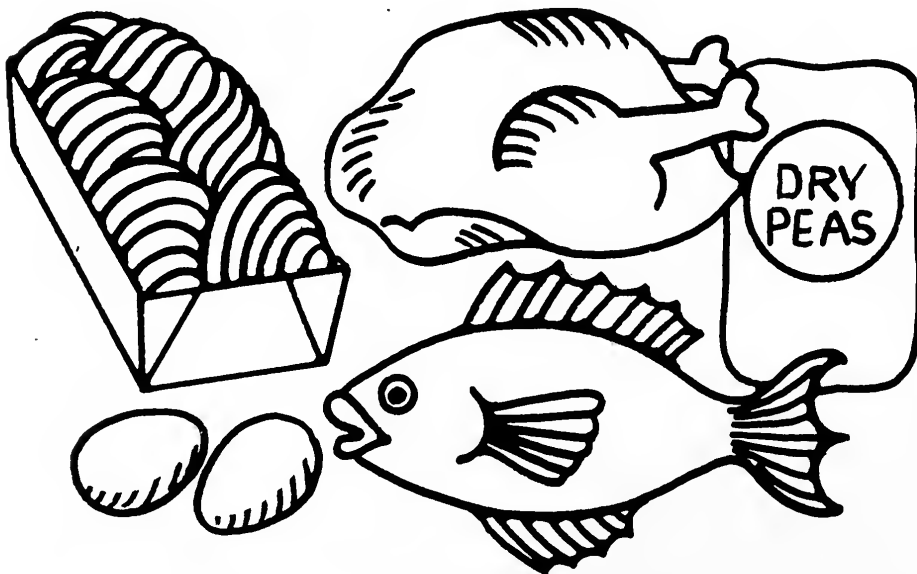
Foods from the milk group provide calcium which is needed for bones and teeth. Milk is also an important source of protein, vitamin A, riboflavin and other nutrients that are needed to maintain health.



MEAT GROUP

Try to have two or more servings daily. Use a variety of foods from this group. Foods in this group other than meat include fish, poultry, eggs, dry beans and peas, and peanut butter.

Foods from the meat group are important sources of protein which is needed for growth and repair of body tissues. These foods also provide iron and the B vitamins such as thiamin, niacin, and riboflavin. Iron combines with protein to make hemoglobin, the red substance in blood that carries oxygen to the cells. These three B vitamins help the body to get energy from food.

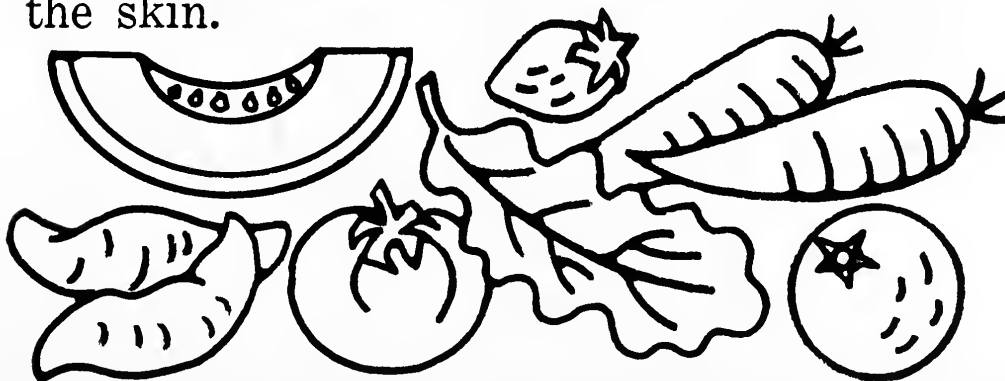


VEGETABLE AND FRUIT GROUP

Try to have four or more servings of vegetables or fruits daily. Eat a variety of vegetables and fruits. They add color, flavor, and texture to the meal, as well as provide nutrients and bulk. Choose those that are valuable for vitamin C and vitamin A frequently.

Oranges, grapefruit, other citrus fruits and juices, tomatoes and tomato juice, cantaloupe, strawberries, fortified instant potatoes, broccoli, cabbage, and dark green leafy vegetables are valuable sources of Vitamin C. Vitamin C is needed for healthy gums and body tissues and helps the body resist infection.

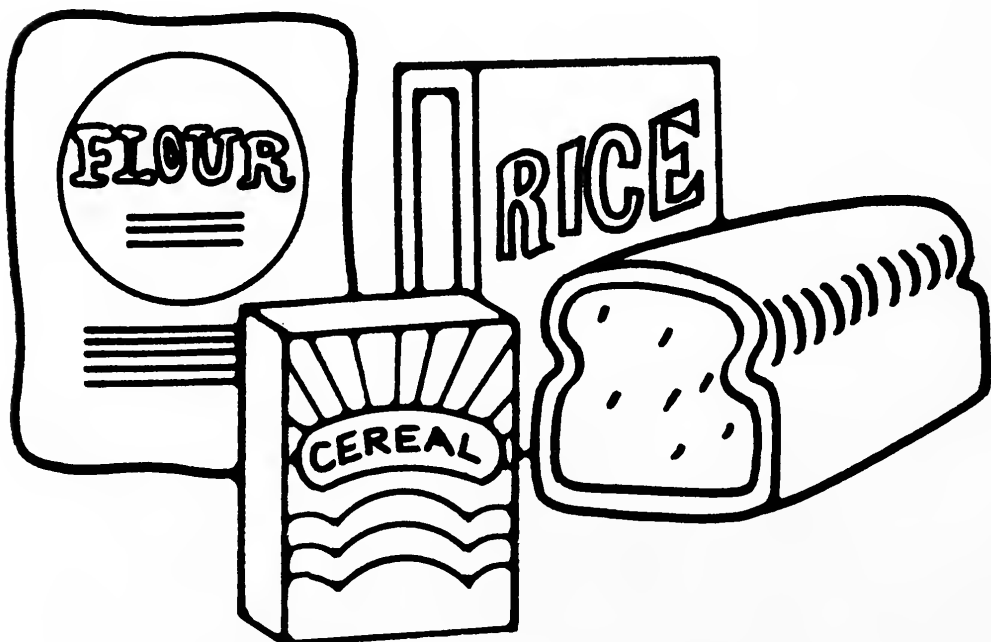
Dark green leafy vegetables such as turnip greens, kale, collards and spinach; deep yellow vegetables such as carrots and sweet potatoes and deep yellow fruits such as apricots and cantaloupe are valuable sources of vitamin A. Vitamin A is needed for normal vision and healthy condition of the skin.



BREAD AND CEREAL GROUP

Try to have four or more servings from the bread and cereal group every day. Use breads and cereals which are enriched or made from enriched or whole grain flour or meal.

When you purchase these foods, be sure they are either whole grain (such as rolled oats or whole wheat) or labeled “enriched” (such as enriched rice, macaroni, cornmeal, flour, or bread). Foods from this group provide protein, minerals (especially iron), calories, and several B-vitamins. Whole grain breads and cereals provide bulk.



OTHER FOODS

Other foods are used to round out meals and meet energy needs. These foods include sugar, jams, jellies and other sweets, butter, fortified margarine, and other fats and oils. They may be used as ingredients in a recipe or eaten with other foods at the table.

Remember to include water with the fluids you drink every day (counting coffee and tea) either at meals or at other times.



PLANNING MEALS

- Plan each day's meals to include foods from each of the Basic Four food groups in the daily food guide.
- Try to plan menus for a week at a time.
- Try to have some meat, poultry, fish, eggs, milk, or cheese at each meal.
- Try to include at least one fruit or vegetable that is a valuable source of vitamin C each day and also one that is a good source of vitamin A every other day.
- Divide the foods fairly evenly among meals. If one meal must be heartier, mid-day is usually best. Perhaps dinner at noon might be "new-fashioned" sense.
- While three meals a day is usual, many people like to eat four or more lighter meals a day. If serving sizes are small, use more servings from each group every day.
- Plan for a variety of color, flavor, and texture to add interest to meals; for example, combine bland with tart flavors, mild with strong flavored foods, have something crisp to contrast with softer foods.

- Use hot and cold foods for variety.
- Prepare no more than one time-consuming dish in each meal. Meal preparation is easier when some of the food is partly or fully prepared in advance of the meal, or if food for more than one meal is prepared at one time.
- Plan “leftovers” for another meal.

SHOPPING FOR FOOD

- Check foods on hand before you shop. Make a list of foods you need to prepare meals you planned.
- Choose your store or stores carefully. Stores which offer special services usually charge higher prices.
- Buy foods in season for best quality. Watch for “specials.”
- Buy just what you can use without waste.
- Keep in mind the amount and kinds of food storage space available.
- Read food labels carefully for content and food use information.
- Remember that cuts of meat high in bone, fat or gristle are often expensive sources of lean meat even if they are priced low.

STORING FOOD

- After shopping, unpack and store foods promptly.
- Store perishable foods in the refrigerator as quickly as possible.
- Store newer foods to the back of shelves so older ones will be used first.
- After opening packages of flour, cornmeal, rolled oats, rice, sugar, dry milk, or other dry foods, store them in tightly covered containers.
- If not used promptly, refrigerate prepared foods such as meat or fish, salads or sandwich fillings, foods containing eggs or milk and leftover cooked foods.

SERVING MEALS

To help create interest in meals . . .

- Use pretty place mats or a tray.
- Share a meal with a friend—perhaps a child.
- Choose a pleasant spot to eat perhaps by a window or outside on the porch. When alone, eat while watching television or listening to music.
- Pay attention to how food looks on the plate. Food tastes better if it looks good.

MEASURING EQUIVALENTS

1 tablespoon = 3 teaspoons

$\frac{1}{4}$ cup = 4 tablespoons

$\frac{1}{3}$ cup = 5 tablespoons and 1 teaspoon

$\frac{1}{2}$ cup = 8 tablespoons

$\frac{2}{3}$ cup = 10 tablespoons and 2 teaspoons

$\frac{3}{4}$ cup = 12 tablespoons

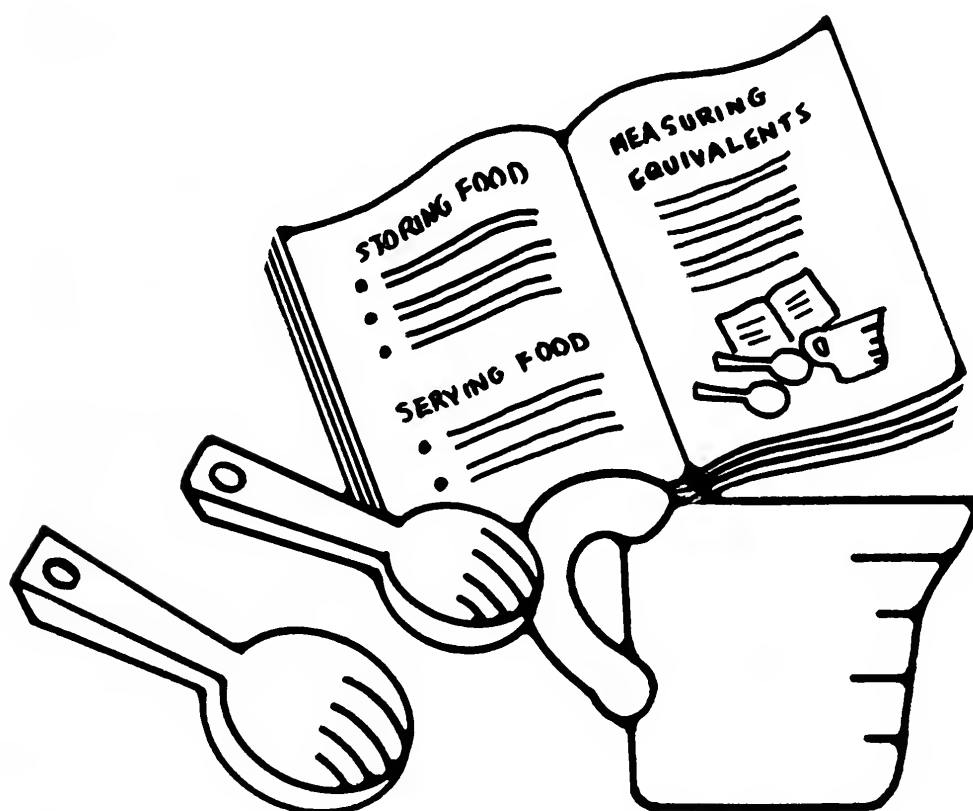
1 cup = 16 tablespoons

1 cup = 8 fluid ounces

1 pint = 2 cups

1 quart = 4 cups

1 pound = 16 ounces (weight)



POINTERS FOR USING RECIPES IN THIS BOOK

1—For broth:

- Use beef or pork juices, or chicken or turkey broth, and add water to get amount needed for the recipe.
- Use bouillon cubes. Mix one beef or chicken bouillon cube in 1 cup boiling water for each cup of broth needed. Use beef flavor in beef recipes and chicken flavor in chicken, turkey, or pork recipes.
- A bouillon cube may also be mixed into hot soups, sauces, or other liquid foods for more flavor. Use less salt.

2—Use unsifted flour in these recipes.

3—For “milk” use fresh whole or skim milk, or fluid milk made from nonfat *dry* milk.

4—Menu ideas are included for all the main dish recipes. Bread or crackers, margarine or butter, and milk, tea, or coffee would usually be added. Other foods may be added to the menu, as desired.

FLUID MILK
FROM NONFAT DRY MILK
INSTANT TYPE

For 1 cup fluid milk

$\frac{1}{3}$ cup instant nonfat *dry* milk

1 cup water

For about 1 quart fluid milk

$1\frac{1}{3}$ cups instant nonfat *dry* milk

4 cups water

Add dry milk to water. Stir to mix. Chill for drinking.

NON-INSTANT TYPE

For 1 cup fluid milk

3 tablespoons non-instant nonfat *dry* milk

1 cup water

For about 5 cups fluid milk

1 cup non-instant nonfat *dry* milk

5 cups water

Add dry milk to water.

Use a whip or beater to mix or shake in a jar with tight fitting lid.

Chill for drinking.

HOT COCOA

1 tablespoon cocoa
2 tablespoons sugar
2 cups water
 $\frac{2}{3}$ cup instant or $\frac{1}{2}$ cup non-instant nonfat
dry milk
 $\frac{1}{4}$ teaspoon vanilla

Mix cocoa, sugar, and $\frac{1}{3}$ cup of the water in a pan. Heat to boiling and cook slowly for 5 minutes to make cocoa syrup.

Remove cocoa syrup from heat. Add rest of water. Then add *dry* milk. Stir or beat until smooth.

Heat but do not boil.

Add vanilla.

Makes 2 servings, 1 cup each.



CHOCOLATE MILK

Use recipe for hot cocoa. Make the cocoa syrup and cool it. Add rest of water, milk, and vanilla. Stir or beat until smooth. Chill quickly. Stir before serving.

BUTTERMILK

$\frac{1}{2}$ cup instant or $\frac{1}{3}$ cup non-instant non-fat *dry* milk

$1\frac{1}{2}$ cups lukewarm water

$\frac{1}{4}$ cup fresh buttermilk

Mix dry milk and water. Add buttermilk, cover and let stand at room temperature about 8 hours until thickened. Stir until smooth. Cover and chill.

Makes $1\frac{3}{4}$ cups.

BEEF OR PORK STEW

1 small onion
1 medium-size carrot
1 medium-size potato
1 small stalk celery with leaves
1 cup meat broth
Sprinkle of salt
1 tablespoon flour
1 tablespoon water
 $\frac{2}{3}$ cup cut-up, canned or cooked beef or pork

Cut up onion, carrot, potato, and celery.

Put broth in a pan and heat to boiling. Add cut-up fresh vegetables and salt. Cover and boil gently about 20 minutes until vegetables are tender.

Mix flour and water and slowly stir into vegetables, cooking until thickened.

Add meat and heat.

Makes 2 servings, about 1 cup each:

Menu Idea: Serve with cabbage slaw, biscuits and vanilla pudding.

BEEF OR PORK PIE

Use the recipe for beef or pork stew.

Put in a baking pan. Place 2 or 4 unbaked biscuits on the top (see recipe for drop biscuits p. 66). Bake at 400°F. (hot oven) 20 to 30 minutes until browned.

GROUND BEEF IN GRAVY

$\frac{1}{3}$ pound ground beef (about 1 cup, lightly packed)

2 tablespoons flour

$\frac{1}{2}$ teaspoon salt

1 cup water

Cook ground beef in a fry pan until browned. Pour off fat.

Stir in flour and salt.

Slowly stir in water. Cook and stir until thickened.

Makes 2 servings, about $\frac{2}{3}$ cup each.

Menu Idea: Serve on hot cooked rice, bulgur, mashed potatoes, or biscuits. Also, have potato salad and fruit flavored gelatin.

TOP OF STOVE MEATLOAF

$\frac{1}{3}$ pound ground beef (about 1 cup lightly packed)

2 tablespoons uncooked rolled oats

1 tablespoon finely chopped onion

3 tablespoons milk

$\frac{1}{2}$ teaspoon salt

Pepper, as desired

$\frac{1}{4}$ cup water

$\frac{1}{2}$ cup tomato sauce

Put all ingredients except water and tomato sauce in a bowl. Mix well.

Shape into 2 loaves. Brown loaves on all sides in a greased fry pan over medium heat. Pour off fat.

Add water. Pour tomato sauce over loaves.

Cover and cook over low heat 30 minutes. Add more water during cooking, if needed.

Makes 2 servings.

Menu Idea: Serve with macaroni salad, green beans, and canned fruit or fresh fruit in season.

TOMATO-MEAT SAUCE (SPAGHETTI SAUCE)

- 1 small onion
- 1 tablespoon fat or oil
- 1 cup canned or cooked tomatoes
- 1 cup finely cut-up, canned or cooked beef or pork
- 1 teaspoon worcestershire sauce

Chop onion. Cook in the fat or oil in a fry pan until tender and lightly browned.

Stir in rest of ingredients.

Cook over low heat about 30 minutes to blend flavors. Add a little water during cooking, if needed.

Makes 2 servings, about 1/2 cup each.

Menu Idea: Serve on hot cooked spaghetti, macaroni, noodles, or rice. Serve with tossed salad and ice cream.

LIVER AND ONIONS

1/2 pound sliced beef or pork liver

About 2 tablespoons flour

1 tablespoon fat or oil

1/2 teaspoon salt

Pepper, if desired

1 small onion, sliced

2 tablespoons water

Dip liver in flour.

Heat fat or oil in a fry pan. Cook liver in the pan over medium heat until browned on one side.

Turn liver and sprinkle with salt and pepper.

Put onion on liver. Add water.

Cover pan tightly and cook over low heat about 20 minutes until liver is tender.

Makes 2 servings.

Menu Idea: Serve with mixed vegetables, and have orange-raisin rice for dessert.

CHINESE-STYLE DINNER

1 large stalk celery
1 small onion, if desired
 $\frac{1}{4}$ small head cabbage
1 tablespoon fat or oil
1 tablespoon cornstarch
 $\frac{3}{4}$ cup chicken, turkey, or meat broth
2 tablespoons soy sauce
 $\frac{2}{3}$ cup cut-up, canned or cooked chicken,
turkey, beef, or pork

Cut celery in short, thin strips. Thinly slice onion (if used), chop or shred cabbage.

Heat fat or oil in a fry pan. Cook celery and onion until lightly browned.

Mix cornstarch, broth, and soy sauce; put in the pan. Cook and stir until sauce is clear and thickened.

Stir in cabbage and meat. Cover and boil gently 3 to 5 minutes, as you like.

Makes 2 servings, each about 1 cup.

Menu Idea: Serve on cooked rice or macaroni and have tomato salad and tapioca pudding.

SWEET-SOUR MEAT

1 small green pepper
1 tablespoon fat or oil
2 tablespoons sugar
1 tablespoon cornstarch
 $\frac{2}{3}$ cup chicken, turkey, or meat broth
2 tablespoons vinegar
1 tablespoon soy sauce
 $\frac{2}{3}$ cup cut-up, canned or cooked chicken,
turkey, beef, or pork
3 tablespoons raisins

Cut green pepper in 1-inch pieces. Cook slowly in the fat or oil in a heated fry pan about 10 minutes until tender.

Mix sugar and cornstarch. Mix in broth, vinegar, and soy sauce, add to green pepper. Cook over medium heat, stirring until sauce is clear and thickened.

Add meat and raisins. Heat.

Makes 2 servings, each $\frac{3}{4}$ cup.

Menu Idea: Serve on cooked rice or macaroni. Serve with tossed salad and fruit cocktail.

STEWED CHICKEN

1 frying chicken, whole or cut-up
Water, as needed
1 teaspoon salt

Wash chicken and put in a pan.

Add water to cover pieces or to half cover a whole chicken. Add salt.

Cover pan. Boil gently 45 minutes to 1 hour until meat is tender.

Serve the chicken plain or use it in any recipe calling for cooked chicken. See note.

A 2-pound chicken makes about 2½ cups cut-up, cooked meat.

Menu Idea: Serve with rice or bulgur and gravy, mixed vegetables, and grapefruit sections.

Note: Refrigerate cooked chicken or turkey if not used right away.

STEWED TURKEY LEGS OR WINGS

Use recipe for stewed chicken. Use 2 pounds turkey legs or 2½ pounds turkey wings in place of the chicken. Boil gently 1⅔ to 2½ hours until tender.

CHICKEN OR TURKEY AND DUMPLINGS

2 tablespoons flour
2 tablespoons water
1 cup chicken or turkey broth
1 cup boneless pieces of canned or cooked
chicken or turkey
Salt and pepper, as desired
Dumpling dough (recipe follows)

Mix the flour and water in a pan until smooth.

Slowly stir in broth. Cook and stir until thickened.

Add chicken or turkey, salt, and pepper. Heat to boiling.

Drop dumpling dough from a tablespoon onto gently boiling mixture to make 4 dumplings.

Cover pan tightly and cook slowly for 15 minutes without lifting lid.

Makes 2 servings.

DUMPLING DOUGH. Mix $\frac{1}{3}$ cup flour, $\frac{1}{2}$ teaspoon baking powder, and $\frac{1}{4}$ teaspoon salt. Stir in 2 tablespoons milk.

Menu Idea: Serve with green beans and sliced peaches.

GLAZED CANNED LUNCHEON MEAT

4 slices canned luncheon meat

1 tablespoon brown sugar

1 teaspoon dry or prepared mustard

1 teaspoon vinegar

Sprinkle of ground cloves, if desired

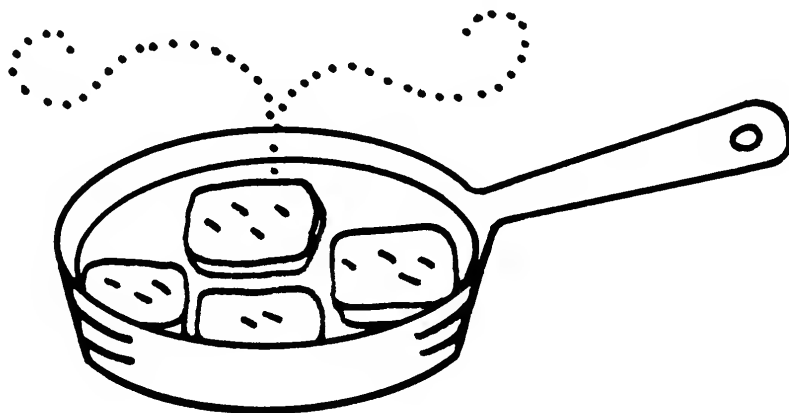
Put slices of meat in a heated fry pan. Brown meat on one side and turn to other side.

Mix rest of ingredients and spread on top of meat.

Cook over low heat about 5 minutes until meat is hot.

Makes 2 servings, 2 slices each.

Menu Idea: Serve with tomato juice, boiled potatoes, green beans, and oatmeal cookies.



SPANISH RICE

$\frac{1}{4}$ cup uncooked rice
 $\frac{3}{4}$ cup cut-up, canned luncheon meat
1 teaspoon fat or oil
 $\frac{1}{2}$ small onion
 $\frac{1}{4}$ green pepper, if desired
1 small stalk celery, if desired
1 cup canned or cooked tomatoes

Cook rice and meat in fat or oil in a pan until lightly browned.

Chop onion, green pepper (if used), and celery (if used). Add to rice.

Stir in tomatoes. Cover and boil gently about 25 minutes until rice is tender.

Makes 2 servings, 1 cup each.

Menu Idea: Serve with cooked green cabbage and fruit gelatin.

SPANISH MACARONI

Use recipe for Spanish rice. Use $\frac{1}{3}$ cup uncooked macaroni in place of the rice. Do not brown macaroni.

SPANISH BULGUR

Use recipe for Spanish rice. Use $\frac{1}{4}$ cup uncooked bulgur in place of the rice.

LUNCHEON MEAT SAUSAGE

$\frac{1}{2}$ slice bread
1 teaspoon water
 $\frac{3}{4}$ cup chopped, canned luncheon meat
1 tablespoon *dry* egg mix
 $\frac{1}{2}$ teaspoon poultry seasoning
Sprinkle of red or black pepper

Tear bread into small pieces in a bowl. Sprinkle with water.

Add rest of ingredients. Mash with a fork until well mixed.

Shape into patties or small sausages. Cook in a heated, ungreased fry pan over medium heat until browned on one side. Turn and brown other side.

Makes 2 servings, 2 sausages each.

Menu Idea: Serve with corn, stewed tomatoes and fruit pudding.

PANNED CABBAGE AND MEAT

1 teaspoon fat or oil

$\frac{2}{3}$ cup cut-up, canned luncheon meat

$\frac{1}{4}$ small head cabbage

2 tablespoons water

Salt and pepper, if desired

Heat fat or oil in a fry pan. Add meat and cook over medium heat until browned.

Thinly slice cabbage. Add cabbage and water to the meat. Cover and cook about 5 minutes until cabbage is tender.

Add salt and pepper (if used).

Makes 2 servings, about $\frac{3}{4}$ cup each.

Menu Idea: Serve with sweetpotatoes and banana pudding.

ONE-PAN MACARONI AND CHEESE

1 cup hot, cooked macaroni (see p. 64)

$\frac{1}{4}$ cup water

$\frac{1}{2}$ cup instant

or

$\frac{1}{3}$ cup non-instant nonfat *dry* milk

$\frac{1}{2}$ cup cut-up process cheese

Leave drained macaroni in cooking pan.

Mix water and dry milk. Add to macaroni.

Add cheese. Cook over low heat and stir gently until cheese melts.

Let stand a few minutes after cooking for a thicker sauce, if desired. For thinner sauce, add a little water.

Makes 2 servings, $\frac{1}{2}$ cup each.

Menu Idea: Serve with green peas, carrot-raisin salad and peanut butter cookies.

PAN-FRIED FISH

$\frac{3}{4}$ pound small dressed fish, fresh or frozen
 $\frac{1}{4}$ cup flour or cornmeal
 $\frac{1}{2}$ teaspoon salt
1 tablespoon fat or oil

Thaw frozen fish. Clean, wash and drain fish. Set aside.

Mix flour or cornmeal and salt. Dip fish in flour or cornmeal mixture.

Heat fat or oil in fry pan. Fry fish over medium heat about 5 minutes until browned on one side.

Turn gently and add a little more fat or oil if needed.

Fry about 5 minutes longer until browned on other side and fish flakes easily when tested with a fork.

Drain well.

Makes 2 servings.

Menu Idea: Serve with rice, spinach and oatmeal cookies.

OVEN-FRIED FISH

Use the recipe for pan-fried fish. After dipping in flour or cornmeal, place fish on a flat, greased baking pan, skin side down. Pour melted fat or oil over fish. Bake at 500°F. (extremely hot oven) about 15 minutes until fish flakes easily when tested with a fork.

TUNA PATTIES

1 egg

1 can chunk tuna (6½ to 7 ounces)

1 tablespoon tuna liquid

½ teaspoon prepared mustard

¼ cup fine dry bread crumbs

Fat for frying

Combine egg, tuna, tuna liquid, mustard, and half the bread crumbs. Mix well.

Shape into four patties. Roll in rest of crumbs.

Heat fat for frying. Cook tuna patties over medium heat 3 to 4 minutes until browned on one side. Turn gently and cook several minutes longer until browned on other side.

Makes 2 servings, 2 patties each.

Menu Idea: Serve on buns or bread, if desired. Serve with tomato juice, cooked cabbage and a cupcake.

COOKED DRY BEANS

1 cup *dry* beans

2½ cups water

Wash and drain beans.

Put beans and water in a pan and boil 2 minutes. Remove from heat. Cover and let soak 1 hour.

Add salt, bring to boiling, cover when most of foam is gone and boil gently until tender:

Kidney, pinto, or pea

beans -----about 2 hours

Great northern beans-- 1 to 1½ hours

Small red or white

beans -----about 1½ hours

Lima beans -----about 1 hour

Blackeye beans -----about ½ hour

Add a little water during cooking if needed.

Makes about 2½ cups cooked beans.

Menu Idea: Serve with coleslaw and apple-sauce.

To season dry beans, split peas, or lentils, add bacon or ham drippings, canned luncheon meat, cooked salt pork, cooked ham or ham bone before cooking.

COOKED DRY SPLIT PEAS

$\frac{1}{2}$ cup dry split peas

1 cup water

$\frac{1}{4}$ teaspoon salt

Wash and drain split peas.

Put peas and water in a pan and boil 2 minutes. Remove from heat. Cover and let soak 30 minutes.

Add salt. Cover and boil gently about 20 minutes until tender. Do not stir.

Makes about 1 cup cooked split peas.

Menu Idea: Serve with fruit-cottage cheese salad and yellow cake.

COOKED LENTILS

$\frac{1}{2}$ cup lentils

1 cup water

$\frac{1}{4}$ teaspoon salt

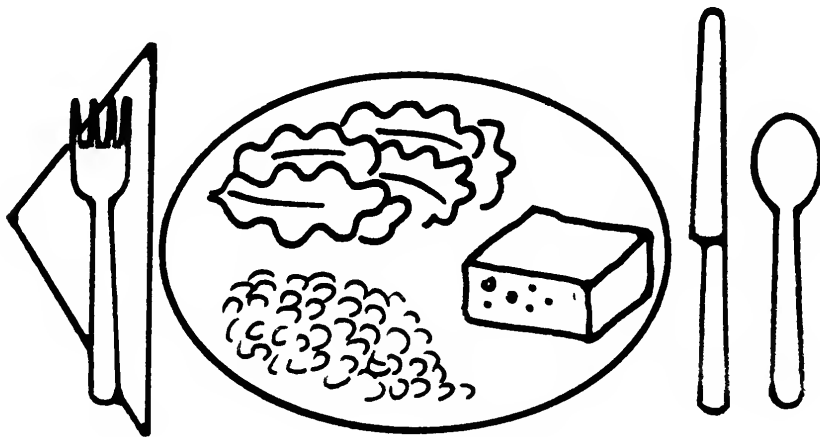
Wash and drain lentils. Put lentils and water in a pan. Add salt.

Cover and boil gently about 30 minutes until lentils are tender (see note).

Makes about 1 cup cooked lentils.

Note: Cooking time will be only 10-12 minutes if lentils are soaked in the water for 1 hour before cooking.

Menu Idea: Serve with cornbread, spinach, and strawberry ice cream.



SPLIT PEA ONE-DISH MEAL

$\frac{1}{3}$ pound ground beef (about 1 cup lightly packed. See note)

1 cup canned or cooked tomatoes

$\frac{1}{4}$ cup uncooked rice

$\frac{1}{3}$ cup water

$\frac{1}{2}$ teaspoon salt

Pepper, as desired

1 cup cooked split peas (p. 33)

Put ground beef in a pan. Cook over medium heat until meat is browned. Drain off fat.

Add tomatoes, rice, water, salt, and pepper. Cover and boil gently about 25 minutes until rice is tender.

Add split peas. Heat slowly until hot.

Makes 2 servings, about 1 cup each.

Note: In place of ground beef, 1 cup cut-up, canned beef or pork may be used. Do not brown the meat.

Menu Idea: Serve with lettuce salad and canned fruit or fresh fruit in season.

RICE AND BEANS

$\frac{2}{3}$ cup drained cooked dry beans

$\frac{1}{3}$ cup uncooked rice

1 cup water

$\frac{1}{3}$ cup cut-up canned luncheon meat

$\frac{1}{4}$ teaspoon salt

Put all ingredients in a pan. Bring to boiling.

Cover and boil gently, without stirring, 20 to 25 minutes until rice is tender.

Makes 2 servings, about 1 cup each.

Menu Idea: Serve with stewed tomatoes, celery sticks, and canned fruit or fresh fruit in season.

CHEESE RAREBIT

1/2 cup milk

1 cup cut-up process cheese

1/2 teaspoon prepared mustard

Mix milk, cheese, and mustard in a pan.

Cook and stir over low heat until cheese melts and sauce is smooth.

Makes 2 servings, about 1/3 cup sauce each.

Menu Idea: Serve on toast or crackers and have tossed salad, apple sauce, and rolled wheat cookies.

SCRAMBLED EGGS

USING EGG MIX

1/2 cup egg mix, packed

1/2 cup water

or

USING FRESH EGGS

2 eggs

2 tablespoons milk

Salt and pepper, as desired

Put all ingredients in a bowl. Beat until well mixed.

Pour in a heated, greased fry pan. Cook and stir over medium heat until eggs are well cooked and firm.

Makes 2 servings.

Menu Idea: Serve with spinach and apple-sauce.

CHEESE SCRAMBLED EGGS

Use recipe for scrambled eggs. When eggs begin to get firm, sprinkle 1/3 cup cut-up process cheese over top. Cook until eggs are firm and cheese is melted.

SCRAMBLED EGGS WITH MEAT

Use the recipe for scrambled eggs. Add $\frac{1}{3}$ cup cut-up canned luncheon meat before cooking eggs.

TOMATO SAUCE FOR SCRAMBLED EGGS

$\frac{1}{2}$ small onion

2 teaspoons fat or oil

$\frac{1}{2}$ cup canned or cooked tomatoes

$\frac{1}{4}$ teaspoon salt

Finely chop onion. Cook in the fat or oil in a pan until tender.

Add rest of ingredients. Cut up tomatoes. Heat.

Makes about $\frac{1}{2}$ cup sauce.

Note: Serve tomato sauce on scrambled eggs (p. 38) or mix gently with the eggs before serving.

CHICKEN OR TURKEY SAUCE

1 tablespoon fat (chicken or turkey fat,
margarine or butter)

2 tablespoons flour

$\frac{1}{2}$ teaspoon salt

Pepper, as desired

$\frac{1}{4}$ teaspoon dry parsley flakes, if desired

1 cup chicken or turkey broth and milk

Melt fat in a pan. Stir in flour, salt, pepper, and parsley (if used).

Add broth slowly, stirring until smooth.

Cook and stir over medium heat until thickened.

Makes 1 cup sauce.

CREAMED CHICKEN OR TURKEY

1 cup cut-up, canned or cooked chicken or turkey

Chicken or turkey sauce (p. 40)

Add chicken or turkey to the sauce.

Heat slowly until hot, stirring gently to keep from sticking.

Makes 2 servings, about 1/2 cup each.

Menu Idea: Serve on toast, biscuits, rice or potatoes. Also, have green peas and orange sections.

HOT CHICKEN OR TURKEY SANDWICHES

1 cup sliced, canned or cooked chicken or turkey

4 slices bread

Chicken or turkey sauce (see recipe p. 40)

Heat chicken or turkey in a covered pan over low heat with enough water to keep from sticking.

Place chicken or turkey between slices of bread to make sandwiches.

Pour the hot sauce over sandwiches before serving.

Makes 2 sandwiches.

Menu Idea: Serve with kale and fresh or canned peaches.

GRILLED CHEESE SANDWICHES

2 thin slices process cheese

4 slices bread

Margarine or butter for browning

Put each slice of cheese between 2 slices of bread.

Spread a little margarine or butter in a heated fry pan. Put sandwiches in pan. Cook over low heat until cheese melts and sandwiches are browned on one side. Turn sandwiches, putting a little more margarine or butter under each in pan. Brown other side.

Makes 2 sandwiches.

Menu Idea: Serve with tomato soup, celery sticks and a banana.

GRILLED PEANUT BUTTER-CHEESE SANDWICHES

Use recipe for grilled cheese sandwiches, spread 1 tablespoon peanut butter on 2 slices of bread before adding cheese.

PEANUT BUTTER-RAISIN SANDWICH SPREAD

$\frac{1}{4}$ cup raisins, finely chopped

$\frac{1}{3}$ cup peanut butter

Mix peanut butter and raisins.

Makes about $\frac{1}{3}$ cup sandwich spread.

MEAT OR POULTRY SANDWICH SPREAD

$\frac{1}{2}$ small stalk celery, chopped

$\frac{3}{4}$ cup finely cut-up, canned or cooked meat
or poultry

1 tablespoon pickle relish or chopped dill
pickle

2 tablespoons mayonnaise or salad dressing

Mix all ingredients. Chill until used.

Makes 1 cup sandwich spread.

FRENCH TOASTED SANDWICHES

2 sandwiches (any kind of filling between 2 slices of bread)

$\frac{1}{4}$ cup *dry* egg mix, packed (to use fresh egg, see note)

$\frac{1}{4}$ cup water

Margarine or butter for browning

Mix egg mix and water in a bowl until smooth.

Spread a little margarine or butter in a heated fry pan.

Dip both sides of sandwiches quickly in egg mixture.

Cook sandwiches in fry pan over low heat until browned on one side.

Turn sandwiches, putting a little margarine or butter under each. Brown other side.

Note: Use 1 fresh egg and 2 tablespoons milk in place of egg mix and water.

HOW TO PREPARE FRESH VEGETABLES

- Wash vegetables well. Separate leaves or stalks. A brush helps to clean vegetables such as carrots, celery and potatoes.
- Prepare vegetables just before cooking to save nutrients.
- Remove woody pieces or parts of stems.
- Remove bruises and other discolored parts.
- Make peelings thin to avoid losing food nutrients.
- Use outside green leaves of cabbage, lettuce, and other leafy vegetables. They are high in food nutrients.

HOW TO COOK FRESH OR FROZEN VEGETABLES

- Bring water to boiling before adding vegetable.
- Use enough water to cover large pieces or more fully grown fresh vegetables. Use less water for small pieces, young tender vegetables, or frozen vegetables.
- Add vegetable to boiling water and sprinkle with a little salt (if used). Return to boiling.
- Cover pan for quicker and more even cooking.
- Boil gently until vegetable is tender.
- Add a little margarine, butter, or other seasoning, if desired.

SOME WAYS TO USE VEGETABLES

- Mix canned or cooked tomatoes, bread cubes, onion, and seasonings. Heat and serve.
- Make creamed chicken or turkey. Add one or more drained, cooked, or canned vegetables such as peas, corn, small onions, sliced carrots, or cut-up celery.
- Heat drained, cooked or canned beets in a little orange juice.
- Bake white potatoes or sweetpotatoes until soft while baking other foods in the oven at a temperature between 325° F and 450° F.
- Mash drained, hot, cooked, white potatoes or sweetpotatoes. Add milk to soften; add seasonings, as desired. Beat well.
- Heat applesauce and canned or cooked sweetpotatoes together, or use other cooked or canned fruits with the sweetpotatoes.

MASHED POTATOES

$\frac{2}{3}$ cup water

1 tablespoon fat (margarine or butter)

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ cup milk

$\frac{1}{4}$ cup instant potato granules or $\frac{3}{4}$ cup instant potato flakes

Put water, fat, and salt in a pan. Heat to boiling.

Remove from heat. Add milk.

Stir in potatoes. Stir gently with a fork until potatoes are soft and moist.

Add a little more instant potatoes for thicker mashed potatoes, or a little more water for thinner potatoes, if desired.

Makes 2 servings, $\frac{1}{2}$ cup each.

VEGETABLE IN CREAM SAUCE

1 tablespoon fat (margarine or butter)
1 tablespoon flour
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup fluid milk
1 cup drained, cooked, or canned vegetable
(such as carrots, corn, potatoes, peas, green
beans, or spinach)

Melt fat in pan. Stir in flour and salt.

Add milk slowly, stirring until smooth.

Cook and stir over medium heat until
mixture comes to boiling.

Lower heat, cook and stir until thickened.

Add vegetable. Reheat to serving tem-
perature.

Makes 2 servings, about $\frac{1}{2}$ cup each.

SQUASH AND TOMATOES

2 small zucchini or yellow summer squash,
sliced

$\frac{1}{2}$ small onion, chopped

1 cup canned or cooked tomatoes

$\frac{1}{4}$ teaspoon salt

Pepper, as desired

1 slice bread

Mix all ingredients except bread in a pan. Cover and boil gently about 25 minutes until squash is tender. Add a little water during cooking, if needed.

Tear bread in pieces and add to squash and tomatoes.

Makes 2 servings, about $\frac{2}{3}$ cup each.

SALAD IDEAS

CANNED OR COOKED VEGETABLE SALAD

Mix one or more kinds of firm vegetables such as carrots and green beans with a salad dressing, such as vinegar and oil dressing.

FRUIT SALAD

Cut up one or more kinds of fruits such as apples, oranges, pears, bananas and prunes. Add raisins, if desired. Mix gently with salad dressing to moisten, if desired, or use a little lemon juice and sugar.

CABBAGE SLAW

Mix finely chopped or shredded cabbage with mayonnaise or salad dressing. If desired, add raisins, pineapple chunks, chopped apples, or finely cut-up or shredded carrots.

TOSSED SALAD

Use fresh, crisp raw vegetables. Tear lettuce, spinach, and other greens into bite-size pieces. Add small amounts of sliced, chopped or shredded vegetables such as cabbage, celery, onions, carrots, cucumbers, radishes, green pepper, and tomatoes. Add vinegar and oil salad dressing or other salad dressing, as desired.

HEARTY SALAD

Make tossed salad and add cottage cheese, pieces of process cheese, a hard-cooked egg, or canned or cooked meat, poultry, or fish.

CARROT-RAISIN SALAD

2 medium-size carrots

$\frac{1}{3}$ cup raisins

About 1 tablespoon mayonnaise or salad dressing

Lemon juice, if desired

Finely chop or shred carrots. Mix all ingredients well.

Makes 2 servings, about $\frac{1}{2}$ cup each.

MACARONI SALAD

1 small stalk celery, chopped
1/4 small onion, chopped
3 tablespoons mayonnaise or salad dressing
1 teaspoon vinegar
1 teaspoon sugar
1/4 teaspoon prepared mustard
1/4 teaspoon salt
Pepper, as desired
1 cup macaroni, cooled (p. 64)
1 hard-cooked egg

Mix all ingredients except macaroni and egg in a bowl.

Add macaroni. Cut-up and add egg. Mix lightly.

Makes 2 servings, about 3/4 cup each.

POTATO SALAD

$\frac{1}{4}$ small onion, finely chopped
1 small stalk celery, chopped
2 medium-size, cooked potatoes, cut-up
 $\frac{1}{2}$ teaspoon prepared mustard
 $\frac{1}{2}$ teaspoon vinegar
 $\frac{1}{4}$ cup mayonnaise or salad dressing
Salt and pepper, as desired
1 hard-cooked egg

Put vegetables in a bowl. Mix mustard, vinegar, and mayonnaise or salad dressing. Mix gently with the vegetables, salt, and pepper.

Slice egg onto top of salad.

Makes 2 servings, about $\frac{3}{4}$ cup each.

JELLIED FRUIT SALAD

1 package (3 ounces) fruit flavored gelatin
1 cup boiling water
1 cup liquid from canned fruit or water
Lemon juice, if desired
1 or 2 cups drained, cut-up, fresh or canned
fruit, (see note)

Stir gelatin in boiling water until melted.

Add fruit liquid or water: add lemon juice (if used). Chill until partly firm.

Stir fruit into mixture. Chill until firm.

Makes 6 servings, about 1/2 cup each.

Note: Pineapple (if used) must be cooked or canned.

VINEGAR AND OIL SALAD DRESSING

2 tablespoons vinegar

$\frac{1}{4}$ cup vegetable oil

1 tablespoon sugar

$\frac{1}{4}$ teaspoon salt

1 tablespoon catsup, if desired

1 teaspoon finely chopped onion, if desired

Put all ingredients in a small jar with a tight lid. Shake until well mixed.

Makes about $\frac{1}{3}$ cup salad dressing.

BEEF-MACARONI SOUP

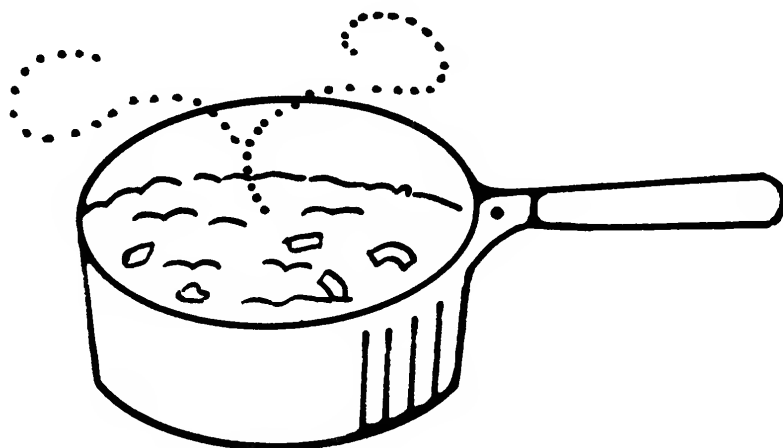
- 1 stalk celery with leaves
- 1 small carrot, if desired
- 2 cups beef broth
- $\frac{3}{4}$ teaspoon salt
- $\frac{2}{3}$ cup cut-up canned or cooked beef
- $\frac{1}{2}$ cup uncooked macaroni

Cut celery in thin 1-inch pieces. Finely chop carrot (if used).

Heat broth to boiling. Add rest of ingredients. Boil gently about 15 minutes until vegetables and macaroni are tender.

Makes 2 servings, about 1 cup each.

Menu Idea : Serve with green bean salad and fruit pudding.



CHICKEN OR TURKEY-MACARONI SOUP

Use recipe for beef-macaroni soup. Use canned or cooked chicken or turkey and chicken broth in place of beef and beef broth.

CHICKEN OR TURKEY NOODLE SOUP

2 cups chicken or turkey broth
1 stalk celery, chopped
1 ounce uncooked noodles (about $\frac{2}{3}$ cup)
1 cup cut-up, canned or cooked chicken or turkey
Salt and pepper, as desired

Heat broth to boiling.

Add celery and noodles to broth. Cover pan and boil gently about 10 minutes until noodles are tender.

Add chicken or turkey, salt, and pepper. Heat to boiling.

Makes 2 servings, 1 cup each.

Menu Idea: Serve with a French toasted sandwich and mixed fruit salad.

VEGETABLE SOUP WITH CHICKEN, TURKEY, OR PORK

2 cups chicken, turkey, or pork broth
1 small onion, cut-up
1 small carrot, cut-up
1 small stalk celery, cut-up
 $\frac{1}{2}$ cup canned or cooked tomatoes
1 cup canned or cooked whole kernel corn,
undrained
1 cup cut-up, canned or cooked chicken,
turkey, or pork

Heat broth to boiling. Add cut-up vegetables and tomatoes.

Cover and boil gently about 30 minutes until vegetables are tender.

Add rest of ingredients. Boil gently a few minutes longer to blend flavors.

Makes 4 servings, about 1 cup each.

Menu Idea: Serve with peanut butter sandwich and fruit pie.

SPLIT PEA OR LENTIL SOUP

1/2 cup uncooked dry split peas or lentils
1 small onion, thinly sliced
1 small stalk celery with leaves, chopped
2 cups water
1/2 teaspoon salt
1 tablespoon fat (margarine, butter, or meat drippings), if desired

Wash and drain split peas or lentils.

Put all ingredients in a pan. Heat to boiling. Cover and boil gently about 30 minutes until split peas or lentils are tender.

Makes 2 servings, about 1 cup each.

Note: Add pieces of canned luncheon meat, frankfurters, or cooked ham before cooking the soup, if desired.

Menu Idea: Serve with orange-grapefruit salad, ice cream and cake.

CREAMY POTATO SOUP

1 tablespoon finely chopped onion
1 tablespoon fat (margarine or butter)
1 tablespoon flour
1 teaspoon salt
1 cup water
1 cup milk
3 tablespoons instant potato granules or $\frac{3}{4}$
cup instant potato flakes

Cook onion in the fat in a pan until tender and lightly browned.

Stir in flour and salt until smooth. Slowly stir in water.

Cook and stir over medium heat until slightly thickened.

Remove from heat. Add milk.

Stir in potato granules or flakes until smooth.

Heat until hot but not boiling.

Makes 2 servings, 1 cup each.

Menu Idea: Serve with a roll filled with meat or poultry sandwich spread and have an apple.

COOKED CEREAL

<i>Ingredients to use:</i>			
	<i>Cereal</i>	<i>Water</i>	<i>Cooking</i>
	<i>cups</i>	<i>cups</i>	<i>time</i>
<i>Cereal</i>			<i>minutes</i>
Bulgur	$\frac{1}{3}$	1	20 to 25
Cornmeal	$\frac{1}{3}$	$1\frac{1}{2}$	about 15
Corn grits	$\frac{1}{4}$	$1\frac{1}{4}$	about 15
Rice	$\frac{1}{3}$	1	20 to 25
Rolled oats	$\frac{1}{2}$	1	about 3
Rolled wheat	$\frac{1}{2}$	1	about 4

HOW TO COOK CEREAL

Add $\frac{1}{4}$ teaspoon salt to water and heat to boiling. For cornmeal, heat only 1 cup of water and mix rest of water with the cornmeal.

Slowly pour and stir cereal into boiling water. Cover and boil gently, stirring only to keep from sticking. (See cooking time above).

Makes about 1 cup cooked cereal.

COOKED MACARONI

1/2 cup macaroni

2 cups water

1/4 teaspoon salt

Add salt to water and heat to boiling. Stir in macaroni.

Boil 10 to 14 minutes until tender. Drain.

Makes about 1 cup cooked macaroni.

WAYS TO SERVE BULGUR

- Serve cooked hot bulgur with spaghetti sauce, meat sauce, ground beef in gravy, etc.
- Add cooked bulgur to soups, stews, and vegetables.
- Serve fresh or canned fruit on hot or cold, cooked bulgur.
- Add cut-up process cheese to hot cooked bulgur.
- Cook dried fruit, such as raisins, with bulgur.

Bulgur is wheat that has been cooked, dried and cracked. It has a nut-like flavor. Bulgur has been eaten since Biblical days.

FRENCH TOAST

1/2 cup *dry* egg mix, packed (to use fresh egg, see note)

1/2 cup water

4 slices bread

Margarine or butter for browning

Mix egg mix and water until smooth. Spread a little margarine or butter in a heated fry pan.

Dip bread in egg mixture. Cook in fry pan over low heat until browned on one side.

Turn bread, putting a little more margarine or butter under each slice. Brown other side.

Makes 4 slices.

Note: Use 2 fresh eggs, 1/4 cup milk, and a sprinkle of salt in place of the egg mix and water.

HOMEMADE MAPLE-FLAVORED SYRUP

1 cup corn syrup

2 to 4 tablespoons water, as desired

1/2 teaspoon maple flavoring

Mix all ingredients.

Cover and keep in refrigerator.

DROP BISCUITS

$\frac{2}{3}$ cup unsifted flour
1 teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt
2 tablespoons shortening
 $\frac{1}{3}$ cup milk

Mix flour, baking powder, and salt.

Mix in fat with a fork or two knives until crumbly.

Stir in milk. Mix enough to wet dry ingredients.

Drop dough from a tablespoon on a greased baking pan.

Bake at 450° F. (very hot oven) 10 to 12 minutes until lightly browned.

Makes about 4 biscuits.

PAN BISCUITS

Use recipe for drop biscuits. Drop dough from a tablespoon into a heated, greased fry pan. To make 6 to 8 biscuits. Cover and cook over low heat about 5 minutes until browned on one side. Turn and cook other side.

CORNMEAL BISCUITS

Use recipe for drop biscuits. Use $\frac{1}{3}$ cup flour and $\frac{1}{3}$ cup cornmeal in place of $\frac{2}{3}$ cup flour. Bake like drop biscuits, or cook in a fry pan like pan biscuits.

PANCAKES

$\frac{2}{3}$ cup unsifted flour
1 teaspoon baking powder
1 tablespoon sugar
2 tablespoons *dry* egg mix, packed (to use
fresh egg, see note)
2 tablespoons melted fat or oil
 $\frac{1}{2}$ cup milk

Mix flour, baking powder, sugar, and egg mix until there are no specks of egg mix.

Add fat or oil to milk. Add to flour mixture and stir just until mixed, leaving batter slightly lumpy.

Cook pancakes on a heated, greased fry pan over medium heat until covered with bubbles. Turn pancakes and brown other side.

Makes 4 medium-size pancakes.

Note: Use 1 fresh egg, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{3}$ cup milk, in place of the egg mix and $\frac{1}{2}$ cup milk. Beat egg, add salt, and milk; stir in the fat. Add egg mixture to dry ingredients.

OATMEAL PANCAKES

1/2 cup uncooked quick rolled oats
2 tablespoons flour
1 teaspoon sugar
1 teaspoon baking powder
1/4 teaspoon salt
1/4 cup *dry* egg mix (to use fresh egg, see note)
2/3 cup fluid milk

Mix rolled oats, flour, sugar, baking powder, salt, and egg mix in a bowl.

Add milk. Beat until well mixed. Let stand 5 minutes.

Drop batter for pancakes on a heated, greased fry pan. Spread quickly with a spoon.

Cook until covered with bubbles. Turn pancakes and brown other side.

Makes 8 small pancakes.

Note: Use 1 fresh egg and 1/2 cup milk in place of egg mix and 2/3 cup milk. Beat egg and mix with milk before adding to dry ingredients.

QUICK RAISIN BREAD

2 cups unsifted flour
1 tablespoon baking powder
 $\frac{1}{2}$ teaspoon salt
1 teaspoon cinnamon, if desired
 $\frac{1}{3}$ cup softened fat (margarine, butter, or shortening)
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup *dry* egg mix, packed (to use fresh egg, see note)
 $\frac{1}{3}$ cup water
 $\frac{3}{4}$ cup milk
1 cup raisins

Mix flour, baking powder, salt, and cinnamon (if used). Set aside.

Mix fat and sugar until smooth. Stir in egg mix and half of the water until smooth. Add rest of water. Beat well.

Mix half of the flour mixture and milk into egg mixture. Stir in rest of flour and milk just until smooth.

Stir in raisins.

Pour in a greased loaf pan.

Bake at 350°F. (moderate oven) about 40 minutes until browned. Cool bread in pan for 10 minutes.

Note: Use 2 fresh eggs in place of the egg mix and $\frac{1}{3}$ cup water.

QUICK PRUNE BREAD

Use recipe for quick raisin bread. Use $\frac{1}{3}$ cup prune cooking liquid in place of the water. Use $\frac{3}{4}$ cup cut-up, cooked prunes in place of the raisins. (See cooked prunes, p. 74).

TASTY LEFTOVER BREADS

Slice leftover breads, such as cornbread, biscuits, rolls, and muffins, crosswise through the center. Spread a little margarine or butter in a heated fry pan over low heat. Put cut side of the bread down in pan. Cook slowly until bread is toasted on cut side.

CORNBREAD

$\frac{1}{2}$ cup cornmeal
 $\frac{1}{2}$ cup flour
2 teaspoons baking powder
2 tablespoons sugar
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ cup *dry* egg mix, packed (to use fresh egg, see note)
 $\frac{2}{3}$ cup fluid milk
2 tablespoons melted fat or oil

Put cornmeal, flour, baking powder, sugar, salt, and egg mix in a bowl. Mix well.

Add milk. Add fat or oil. Stir just until mixed.

Fill a small, greased pan, such as a pie tin, half full.

Bake at 425° F. (hot oven) about 20 minutes until lightly browned.

Makes 3 servings.

Note: Use 1 fresh egg and $\frac{1}{2}$ cup milk in place of egg mix and $\frac{2}{3}$ cup milk. Beat egg and mix with the milk before using.

CORNMEAL MUFFINS

Use recipe for cornbread. Fill greased muffin pans half full of cornmeal mixture. Bake 15 to 20 minutes until browned. Makes 6 muffins.

COOKED FRESH FRUIT

2 medium-size apples or peaches

$\frac{1}{2}$ cup water

2 to 4 tablespoons sugar, as desired

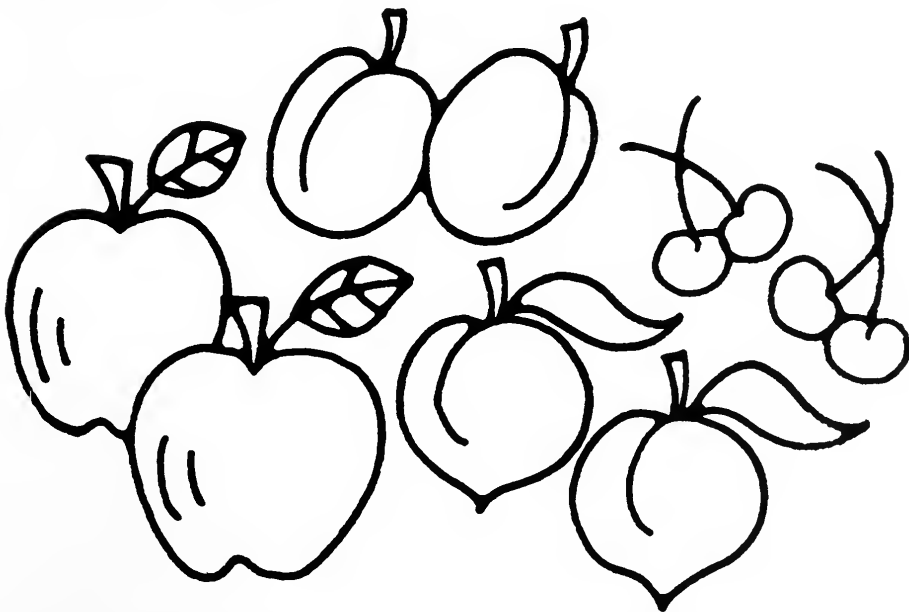
Peel and slice apples or peaches.

Put water and 2 tablespoons of sugar in a pan and heat to boiling.

Add fruit. Cover and boil gently until tender. Add more sugar, if needed.

Makes 2 servings, about $\frac{1}{2}$ cup each.

Note: Use 1 cup pitted, fresh cherries or 4 to 6 plums in place of the apples or peaches, if desired.



COOKED DRIED PRUNES

1 cup dried prunes

1½ cups water

2 tablespoons sugar, if desired

Put prunes, water, and sugar (if used) in a pan.

Cover and boil gently about 20 minutes until prunes are tender. Add a little water during cooking, if needed.

Cool prunes in the liquid.

Makes 4 servings, about 1/3 cup each.

Note: Cook prunes only 10 minutes for use in other recipes. Do not add sugar. Makes ¾ cup cut-up, cooked prunes.

APPLE SCALLOP

2 tablespoons flour

$\frac{1}{4}$ cup brown sugar, packed

$\frac{1}{2}$ teaspoon cinnamon

Sprinkle of salt

1 tablespoon fat (margarine or butter)

2 medium-size apples

1 tablespoon white sugar

2 tablespoons water

Mix flour, brown sugar, cinnamon, and salt. Mix in fat with a fork until crumbly. Set aside.

Peel and slice apples. Put in a baking pan or dish. Sprinkle apples with white sugar and water.

Spread crumbly mixture on top.

Bake at 350°F. (moderate oven) about 30 minutes until lightly browned and apples are tender.

ORANGE-RAISIN RICE

1 cup cooked rice

2 tablespoons sugar or corn syrup

$\frac{1}{4}$ cup raisins

1 teaspoon fat (margarine or butter)

$\frac{1}{4}$ cup orange juice

2 tablespoons chopped nuts or peanuts, if desired

Stir cooked rice gently with rest of ingredients in a pan.

Cook over medium heat for a few minutes to blend flavors.

Serve warm or cold. Sprinkle with chopped nuts (if used).

Makes 2 servings, about $\frac{1}{2}$ cup each.

VANILLA PUDDING

3 tablespoons sugar

2 tablespoons flour

$\frac{1}{4}$ cup *dry* egg mix, packed (to use fresh egg, see note)

$1\frac{1}{2}$ cups milk

2 teaspoons fat (margarine or butter)

$\frac{1}{2}$ teaspoon vanilla

Put sugar, flour, and egg mix in a pan. Mix well.

Slowly add milk, stirring until smooth.

Cook and stir over medium heat until thickened.

Stir in fat and vanilla.

Makes 2 servings, $\frac{2}{3}$ cup each.

Note: Use 1 fresh egg in place of the egg mix. Beat egg and mix with the milk before using.

FRUIT PUDDING

Use recipe for vanilla pudding. Top the pudding with sliced bananas, canned fruit, or fresh or cooked fruit, if desired.

BAKED CUSTARD

1½ cups fluid milk

½ cup *dry* egg mix, packed (to use fresh eggs, see note)

⅓ cup water

2 to 3 tablespoons sugar, as desired

Sprinkle of salt

½ teaspoon vanilla

Cinnamon or nutmeg, as you like

Heat milk until hot, but not boiling.

Put egg mix and water in a large bowl. Beat until lumps are gone. Add sugar and salt.

Add milk slowly, stirring all the time.

Mix in vanilla.

Pour in a small baking pan so mixture is about 1½ to 2 inches deep. Sprinkle with cinnamon or nutmeg (if used).

Bake at 300°F. (slow oven) about 45 minutes until a knife stuck in the center comes out clean.

Makes 3 servings, ⅔ cup each.

Note: Use 2 fresh eggs in place of egg mix and water. Beat eggs and add sugar and salt before adding milk.

BROWNIES

$\frac{1}{2}$ cup fat (margarine, butter or shortening)

1 cup sugar

$\frac{1}{3}$ cup water

$\frac{1}{2}$ cup *dry* egg mix, packed (to use fresh egg, see note)

$\frac{2}{3}$ cup flour

$\frac{1}{2}$ cup cocoa

$\frac{1}{2}$ teaspoon baking powder

1 teaspoon vanilla

Melt fat in pan. Stir in sugar and 2 tablespoons of water.

Stir in egg mix until lumps are gone.

Add rest of ingredients and stir just until mixed.

Put in a greased baking pan about 8 inches square.

Bake at 350°F. (moderate oven) about 25 to 30 minutes until just firm when lightly touched near center. Cool before cutting.

Makes 16 large brownies.

Note: Use 2 fresh eggs in place of egg mix and water. Beat eggs and stir into sugar mixture. Add rest of ingredients and stir just until mixed.

CHOCOLATE ICE MILK

$\frac{3}{4}$ cup evaporated milk
 $\frac{2}{3}$ cup corn syrup (or $\frac{1}{2}$ cup sugar)
1 tablespoon flour
3 tablespoons cocoa
Sprinkle of salt
 $\frac{1}{4}$ cup *dry* egg mix, packed (to use fresh egg, see note)
 $\frac{1}{4}$ cup water
 $\frac{1}{2}$ cup milk ($\frac{2}{3}$ cup if sugar is used)
 $\frac{1}{2}$ teaspoon vanilla

Pour evaporated milk into freezer tray or pan. Freeze until icy around edges.

While evaporated milk is freezing, mix the corn syrup (or sugar), flour, cocoa, salt, and egg mix in a pan.

Add water and milk slowly, stirring until smooth.

Cook and stir over medium heat until thickened, cook 1 minute longer, add vanilla, cool.

(cont'd)

In a large bowl, whip evaporated milk with a beater or electric mixer until stiff enough to hold peaks (if milk does not whip, put in freezer a little longer).

Add cooled, cooked chocolate mixture to whipped evaporated milk and beat to mix.

Pour into freezer tray or pan. Freeze without stirring.

Makes 3½ cups ice milk.

Note: Use 1 fresh egg in place of egg mix and water. Beat egg and add the milk. Stir into corn syrup (or sugar) mixture. Cook as above, cool and add to whipped evaporated milk. Beat and freeze.

CREAMY VANILLA ICE MILK

Use recipe for chocolate ice milk (see p. 80) except:

Omit cocoa. Use ½ cup corn syrup and ¼ cup milk (or use ⅓ cup sugar and ½ cup milk). Use 1 teaspoon vanilla.

YELLOW CAKE

1 cup unsifted flour
1½ teaspoons baking powder
¼ teaspoon salt
⅔ cup sugar
¼ cup softened fat (margarine or butter)
½ teaspoon vanilla
¼ cup *dry* egg mix, packed (to use fresh egg, see note)
¼ cup water
½ cup milk

Mix the flour, baking powder, and salt, set aside.

Stir sugar into fat in a large bowl. Beat well with a spoon or a beater.

Add vanilla, egg mix and water. Beat until fluffy with a spoon or a beater.

Add flour mixture and milk. Mix until smooth.

Fill a greased, floured baking pan half full.

Bake at 375° F. (moderate oven) about 25 minutes until cake springs back when lightly touched near center.

Note: Use 1 fresh egg in place of the egg mix and water.

CHOCOLATE ICING

3 tablespoons fat (margarine or butter)
2 tablespoons milk
 $\frac{1}{2}$ teaspoon vanilla
2 tablespoons cocoa
About $1\frac{1}{3}$ cups confectioners sugar

Mix all ingredients except confectioners sugar.

Stir in half of the sugar. Beat well.

Stir in rest of the sugar, as needed, to make an icing that will stay on cake and spread well. Put on cooled cake.

Makes about $\frac{3}{4}$ cup icing.

ORANGE ICING

Use recipe for chocolate icing. Use 2 tablespoons orange juice and 1 teaspoon grated orange rind in place of the milk and cocoa. Add more sugar if needed.

OATMEAL COOKIES

1 cup unsifted flour
1 cup uncooked rolled oats
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon cinnamon or vanilla
 $\frac{1}{2}$ cup brown sugar, packed
 $\frac{1}{2}$ cup fat (margarine, butter or shortening)
 $\frac{1}{4}$ cup *dry* egg mix, packed (to use fresh egg, see note)
 $\frac{2}{3}$ cup milk
 $\frac{1}{2}$ cup raisins or cut-up, cooked prunes, if desired (see cooked prunes p. 74)

Mix flour, rolled oats, baking powder, and cinnamon (if used). Set aside.

Mix brown sugar, fat, egg mix, and about 2 tablespoons of the milk. Beat until smooth.

Add rest of ingredients, except raisins or prunes. Stir until mixed.

(cont'd)

Stir in raisins or prunes (if used). Let stand a few minutes.

Drop from a teaspoon on a greased baking pan.

Bake at 375° F. (moderate oven) about 15 minutes until lightly browned. Remove from pan while hot.

Makes 2 dozen cookies.

Note: Use 1 fresh egg and $\frac{1}{2}$ cup milk in place of the egg mix and $\frac{2}{3}$ cup milk. Mix sugar, fat, and egg until smooth before adding any milk.

ROLLED WHEAT COOKIES

Use recipe for oatmeal cookies. Use uncooked rolled wheat in place of rolled oats.

PEANUT BUTTER COOKIES

1 $\frac{1}{4}$ cups unsifted flour
1 $\frac{1}{4}$ teaspoon salt
1 $\frac{1}{4}$ teaspoon baking soda
1 $\frac{1}{2}$ cup fat (margarine, butter, or shortening)
1 $\frac{1}{2}$ cup peanut butter
1 $\frac{1}{2}$ cup white sugar
1 $\frac{1}{2}$ cup brown sugar, packed
1 $\frac{1}{4}$ cup *dry* egg mix, packed (to use fresh egg, see note)
1 $\frac{1}{4}$ cup water

Mix the flour, salt, and baking soda. Set aside.

Mix fat, peanut butter, and both kinds of sugar. Beat well.

Add egg mix and half the water. Beat well. Stir in rest of water.

Stir flour mixture into peanut butter mixture.

Drop dough from a teaspoon on a baking pan. Flatten with a fork.

Bake at 375° F. (moderate oven) 10 to 15 minutes until lightly browned.

Makes about 2 dozen cookies.

Note: Use 1 fresh egg in place of the egg mix and water.

RECIPE INDEX

Main dishes are marked with ★

See p. 12 for pointers for recipe use

<i>BEANS, PEAS, AND LENTILS</i>	Page
★ Cooked dry beans	32
★ Cooked dry split peas	33
★ Cooked lentils	34
★ Rice and beans	36
★ Split pea one-dish meal	35
★ Split pea or lentil soup	61

BEEF OR PORK

★ Beef-macaroni soup	58
★ Beef or pork pie	17
★ Beef or pork stew	16
★ Chinese style dinner	21
★ Ground beef and gravy	17
★ Liver and onions	20
★ Meat or poultry sandwich spread ..	44
★ Sweet-sour meat	22
★ Tomato-meat sauce	19
(spaghetti sauce)	
★ Top of stove meat loaf	18
★ Vegetable soup with chicken, turkey, or pork	60

BEVERAGES

Buttermilk	15
Chocolate milk	15
Fluid milk from nonfat <i>dry</i> milk ...	13
Hot cocoa	14

BREADS

	Page
Cornbread	72
Cornmeal biscuits	67
Cornmeal muffins	72
Drop biscuits	66
French toast	65
Oatmeal pancakes	69
Pan biscuits	67
Pancakes	68
Quick prune bread	71
Quick raisin bread	70
Tasty leftover breads	71

BULGUR (see cereals)

CEREALS, INCLUDING RICE

Cooked cereal (bulgur, cornmeal, corn grits, rice, rolled oats, rolled wheat	63
Oatmeal cookies	84
Oatmeal pancakes	69
Orange-raisin rice	76
★ Rice and beans	36
Rolled wheat cookies	85
★ Spanish bulgur	27
★ Spanish rice	26
Ways to serve bulgur	64

CHEESE

★ Cheese rarebit	37
★ Grilled cheese sandwiches	43
★ Grilled peanut butter-cheese sandwiches	43
★ One-pan macaroni and cheese	29

<i>CHICKEN OR TURKEY</i>	Page
★ Chicken- or turkey-macaroni soup--	59
★ Chicken- or turkey-noodle soup ----	59
★ Chicken or turkey & dumplings ----	24
Chicken or turkey sauce -----	40
★ Chinese style dinner -----	21
★ Creamed chicken or turkey -----	41
★ Hot chicken or turkey sandwiches--	42
★ Meat or poultry sandwich spread--	44
★ Stewed chicken -----	23
★ Stewed turkey legs or wings -----	23
★ Sweet-sour meat -----	22
★ Vegetable soup with chicken, turkey or pork -----	60

DESSERTS

Apple scallop -----	75
Baked custard -----	78
Brownies -----	79
Chocolate ice milk -----	80
Chocolate icing -----	83
Cooked fresh fruit -----	73
Cooked dried prunes -----	74
Creamy vanilla ice milk -----	81
Fruit pudding -----	77
Oatmeal cookies -----	84
Orange icing -----	83
Orange-raisin rice -----	76
Peanut butter cookies -----	86
Rolled wheat cookies -----	85
Vanilla pudding -----	77
Yellow cake -----	82

EGGS

★ Cheese scrambled eggs -----	38
★ Scrambled eggs -----	38
★ Scrambled eggs with meat -----	39

<i>FISH</i>	Page
★ Oven-fried fish -----	31
★ Pan-fried fish -----	30
★ Tuna patties -----	31

FRUITS

Apple scallop -----	75
Carrot-raisin salad -----	53
Cooked dried prunes -----	74
Cooked fresh fruit -----	73
Fruit pudding -----	77
Jellied fruit salad -----	56
Orange-raisin rice -----	76
Quick prune bread -----	71
Quick raisin bread -----	70

LENTILS (see beans)

LUNCHEON MEAT

★ Glazed canned luncheon meat -----	25
★ Luncheon meat sausage -----	27
★ Panned cabbage and meat -----	28
★ Spanish bulgur -----	27
★ Spanish macaroni -----	26
★ Spanish rice -----	26

MACARONI AND OTHER PASTA

★ Beef-macaroni soup -----	58
★ Chicken- or turkey-macaroni soup--	59
★ Chicken- or turkey-noodle soup ----	59
Cooked macaroni -----	64
Macaroni salad -----	54
★ One-pan macaroni and cheese -----	29
★ Spanish macaroni -----	26

MAIN DISHES (see recipes with ★)

PEAS (see beans)

PORK (see beef)

RICE (see cereals)

SALADS AND SALAD

<i>DRESSINGS</i>	Page
Cabbage slaw	52
Canned or cooked vegetable salad ..	52
Carrot-raisin salad	53
Fruit salad	52
Hearty salad	53
Jellied fruit salad	56
Macaroni salad	54
Potato salad	55
Salad ideas	52
Tossed salad	53
Vinegar and oil salad dressing	57

SANDWICHES

★ Cheese rarebit	37
★ Creamed chicken or turkey	41
French toasted sandwiches	45
★ Grilled cheese sandwiches	43
★ Grilled peanut butter-cheese sandwiches	43
★ Hot chicken or turkey sandwiches ..	42
★ Meat or poultry sandwich spread ..	44
Peanut butter sandwich spread	44

SAUCES AND SYRUPS

★ Cheese rarebit	37
Chicken or turkey sauce	40
Homemade maple-flavored syrup ..	65
★ Tomato-meat sauce	19
(spaghetti sauce)	

SOUPS Page

★ Beef-macaroni soup	58
★ Chicken- or turkey-macaroni soup ..	59
★ Chicken- or turkey- noodle soup	59
Creamy potato soup	62
★ Split pea or lentil soup	61
★ Vegetable soup with chicken, turkey, or pork	60

TURKEY (see chicken)

VEGETABLES

Carrot-raisin salad	53
★ Cooked dry beans	32
★ Cooked dry split peas	33
★ Cooked lentils	34
Creamy potato soup	62
How to cook fresh or frozen vegetables	47
How to prepare fresh vegetables	46
Mashed potatoes	49
★ Panned cabbage and meat	28
Potato salad	55
★ Rice and beans	36
Some ways to use vegetables	48
★ Split pea one-dish meal	35
★ Split pea or lentil soup	61
Squash and tomatoes	51
★ Tomato-meat sauce	19
(spaghetti sauce)	
Tomato sauce for scrambled eggs ..	39
Vegetable in cream sauce	50

notes

notes

